

Social and Emotional Learning (SEL)

Social Awareness: Stress Busters!

Overview:

Building a strong support system is an essential component to getting one's needs met and living a happy and healthy life. A support system is a network of people who provide practical and emotional support. Having a strong support system is associated with many positive outcomes, including decreased anxiety and increased positive mood. In this lesson, your Child will learn about the benefits of having a support system as well as strategies to build and access help from the people in their support systems.

Objectives:

Child will identify and access a support system for managing stress.

Child Goals:

I can identify and access a support system for managing stress.

Vocabulary: empathize, overwhelming, stress, support system

Learn- 5 minutes

Some ways that stress busters, or people in our support system, can help us manage stress include:

Boost your mood and outlook.

Understand your feelings.

Spot your stinking thinking.

Talk you through the situation.

Encourage you to breathe deeply.

Recommend stress-reducing strategies.

Support you in figuring out solutions.

Discussion Questions:

- What is a support system?
- Why is a support system important?
- Who are some people who might in a person's support system?
- What are some ways that a support system can help you manage stress?
- Talk about a time that someone in your support system helped you navigate a stressful situation.

Practice-10 minutes

The *Be a Stress Buster!* Activity challenges to practice being a stress buster and finding a stress buster.

Review *Be a Stress Buster!* /*Have a Stress Buster!* Resource.

Direct the Child to review the Resource, one side reveals how to be a stress buster and the other side reveals how to find a stress buster.

Discuss by having your Child talk about something that is stressing them out or something that has recently stressed them out.

Have your Child use the resource to assist them with working through the stressful situation and look for other ways to be supported through a stressful situation.

Repeat process.

Resource

HAVE A STRESS BUSTER!

Look for someone who helps you go from to

- B** Boosts your mood and outlook.
Look for someone who helps you see the bright side of things.
- U** Understands your feelings.
Look for someone who listens to you and has your back.
- S** Spots your stinking thinking.
Look for someone to help you reframe the situation and see the positive.
- T** Talks you through the situation.
Look for someone to be the voice of reason and talk you through a stressful situation.
- E** Encourages you to breathe deeply.
Look for someone who will remind you to pause and breathe.
- R** Recommends stress-reducing strategies.
Look for someone who helps you think of ways to reduce your stress.
- S** Supports you in figuring out solutions.
Look for someone who will help you brainstorm solutions and decide on the best action to take.

Help your friend go from to

BE A STRESS BUSTER!

- S** Support them in figuring out solutions.
Help your friend brainstorm solutions and decide on the best action to take.
- R** Recommend stress-reducing strategies.
Help your friend think of ways to reduce their stress that work for them.
- E** Encourage them to breathe deeply.
Remind your friend to pause and breathe.
- T** Talk them through the situation.
Be the voice of reason. Help your friend talk through the stressful situation.
- S** Spot their stinking thinking.
Help your friend reframe the situation and see the positive.
- U** Understand their feelings.
Listen to your friend and let them know you've got their back.
- B** Boost their mood and outlook.
Help your friend see the bright side of things.

Deeper Dive – 5 to 10 minutes

The *My Stress Busters* Activity encourages your Child to identify the people in their life that they can reach out to when they're stressed.

Provide Child with the *My Stress Busters* Activity and a piece of paper or note card.

Have the Child complete the activity by identifying people who are part of their support system and listing their contact information.

Ask the Child to choose a person in their support system they might be uncomfortable or unsure about reaching out to. Have your Child write a short script detailing what they say or write to that person to ask for help.

Allow Child time to share their scripts and allow the Child to talk about or record what they would say to their stress buster, rather than writing it.

Resource

MY STRESS BUSTERS

List the names and contact information for your stress busters. Keep this list as reference for when you're feeling stressed out.

Activity

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Tip: Talk to your Child on a regular basis about who his or her “stress busters” are and why. This will give you a window into who your Child trusts to help him or her in times of stress, which will better help you help your Child better manage his or her emotions during stressful times in his or her life.